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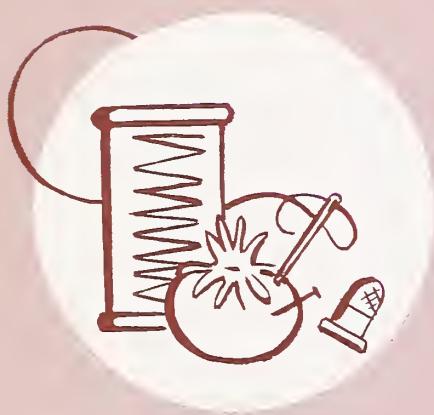
U. S. DEPT. OF AGRICULTURE
NATIONAL EXTENSION COUNCIL

APR 26 1967

CURRENT SERIAL RECORDS

SEWING by HAND

Teaching Guide for
Home Economics Program Aides



Division of Home Economics
Federal Extension Service
U.S. Department of Agriculture

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TO THE PROGRAM AIDE

Are you planning a home visit? Take along a needle, thread, thimble, some pins, scissors and shears. You may have a chance to show the woman how to sew by hand. This booklet will help you teach her.

When you teach, follow the steps in:

1. To Thread a Needle (page 4)
2. Using a Thimble (page 7)

SHOW HER, TELL HER, HAVE HER DO. Then have her show and tell *you*.

Now teach her a stitch. Have her do one that can be used on clothing she wants to fix. Try one of these:

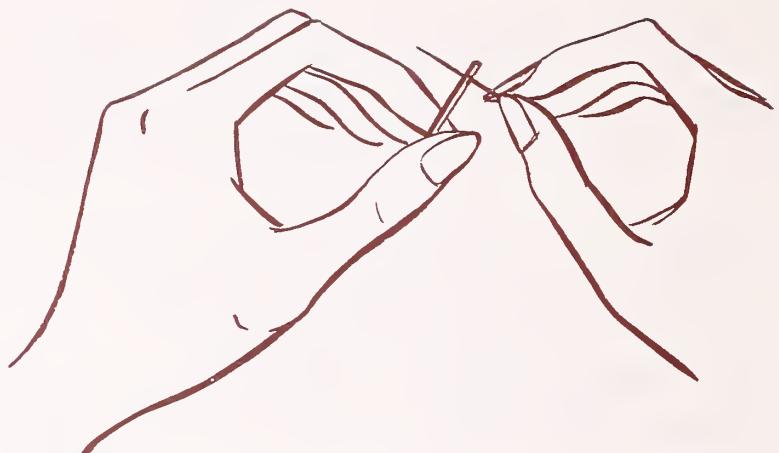
1. The *basting stitch* if she needs to try the garment on for fit. (page 8)
2. The *overcast stitch* for seams that ravel. (page 8)
3. The *backstitch* for any place where a machine stitch would be used. (page 9)
4. The *stab stitch* for places so thick that the needle must be stabbed through the material. (page 10)

Follow the steps in this bulletin. **SHOW HER, TELL HER, HAVE HER DO.** Then have her show and tell you.

A woman may get so interested in hand sewing that she wants to buy supplies right away. Needles, thread, and a thimble are inexpensive. Tell her how to buy them. If she wants to buy scissors or shears, help her see that shears are useful in more ways than scissors. But she can do many repair jobs without either scissors or shears. It is important for her to use what she has.

TO THREAD A NEEDLE

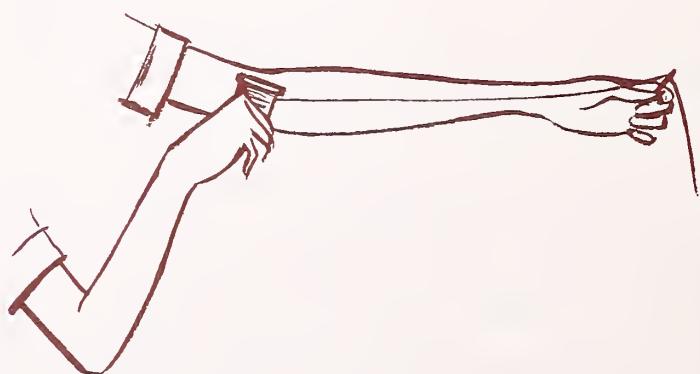
1. Pull some thread from the spool. Put the end through the eye of the needle.



2. Pull the thread—about the length of your hand—through the needle.



3. Measure out thread from the needle up to your elbow.

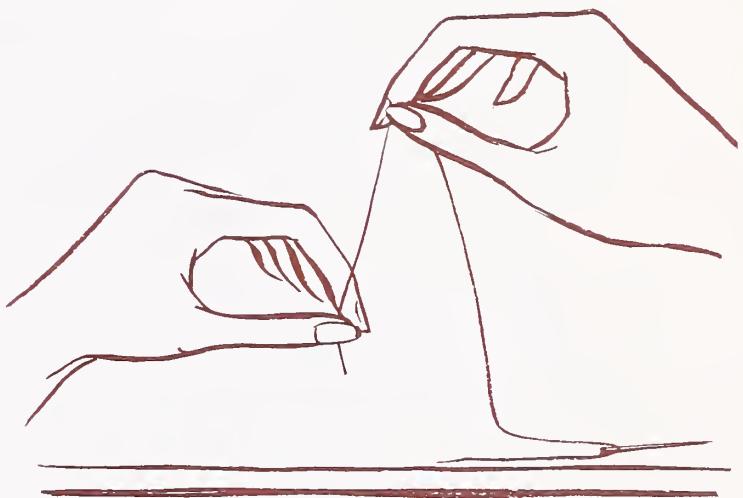


4. Next, cut the thread off, close to the spool.

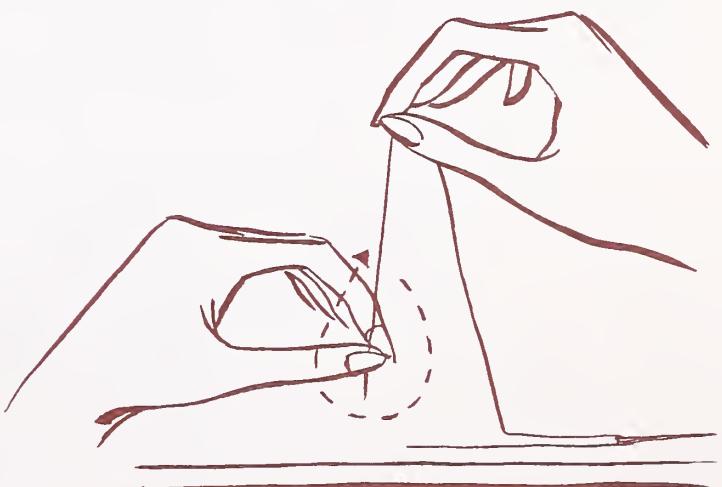


5. Now make a knot in the end of the thread you cut off. Then the thread will not snarl when you sew. Here's how:

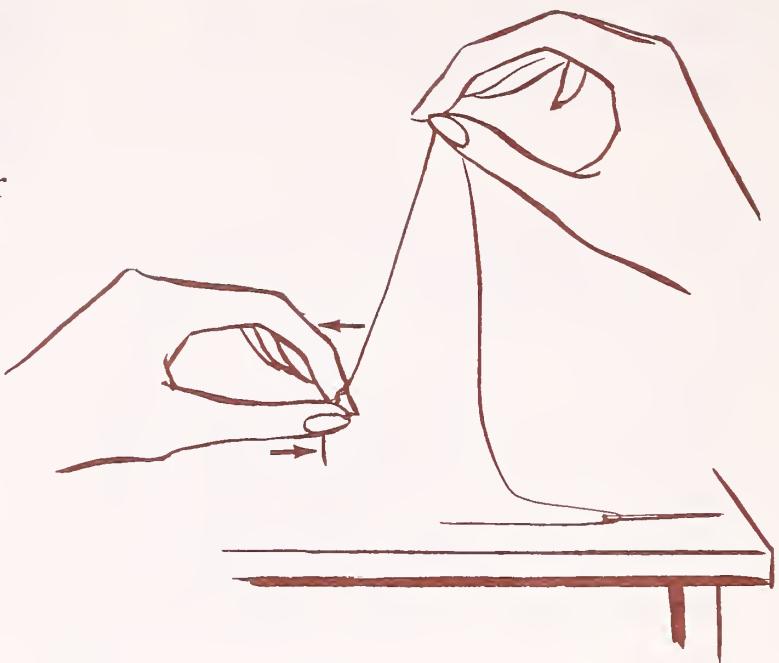
- (a) Hold the end of the thread between your thumb and first finger.



- (b) Wind the thread once around the end of your finger.



(c) Roll the thread off your finger with your thumb.



(d) Hold on to this roll of thread. Pull it down in a knot with your thumb and middle finger.

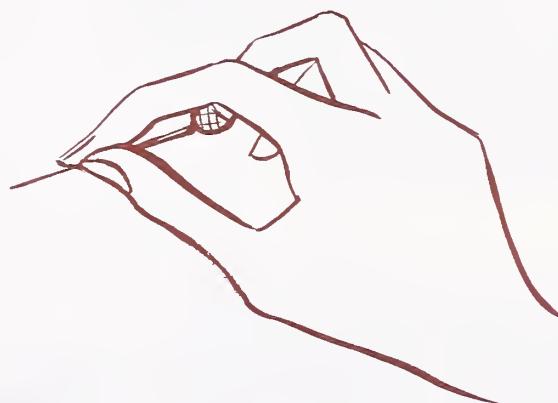


USING A THIMBLE

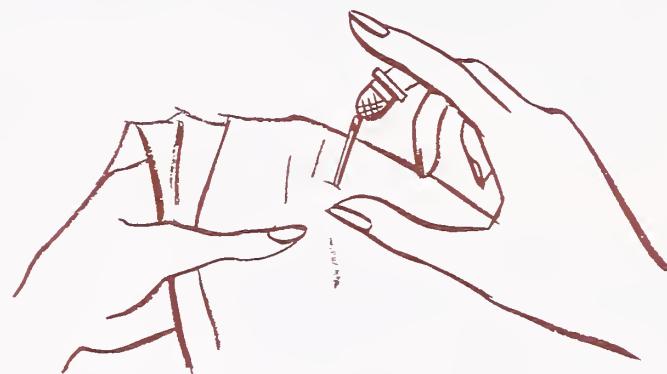
1. Wear it on the middle finger of the hand you use for sewing.



2. Hold the needle against the thimble like this.



3. Use the thimble to push the needle through the cloth like this.



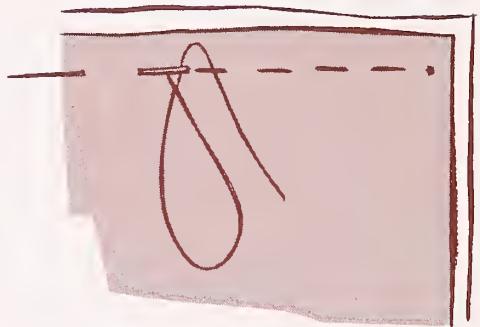
4. Pull the needle out of the cloth with your thumb and first finger.



5. Practice using the thimble with cloth or paper until it is easy.

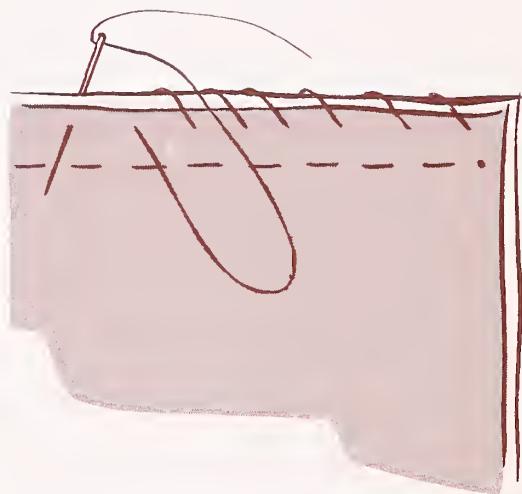
HOW TO MAKE A SIMPLE BASTING STITCH

Do not pull the thread tight.
Keep the cloth flat and smooth.



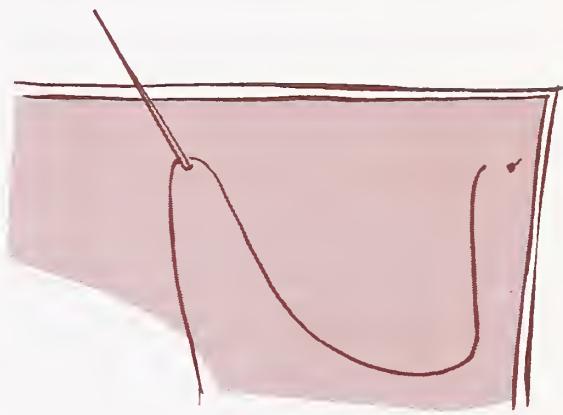
HOW TO OVERCAST SEAMS

This is good to use on cloth that ravel. Do not pull the thread tight. Keep the cloth flat and smooth.

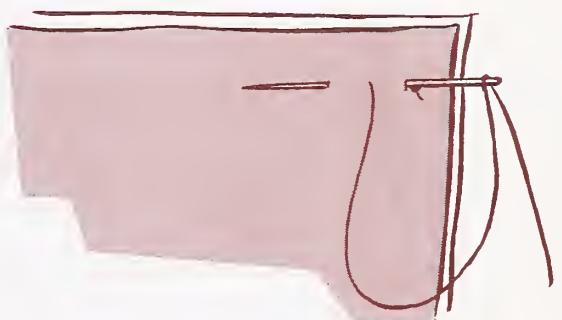


HOW TO MAKE A BACKSTITCH

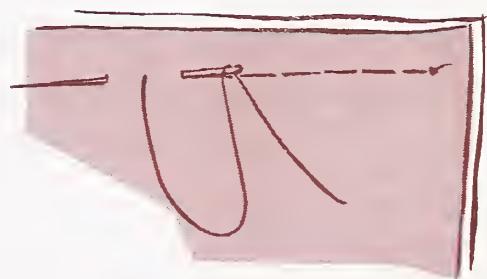
1. Make one small stitch.



2. Go back to the end of the first stitch and put the needle through the cloth. Bring the needle out a stitch-length ahead of the last place the thread came through the cloth.



3. Practice this stitch until you can make a very small stitch. Then it will look like machine stitching on the top side.

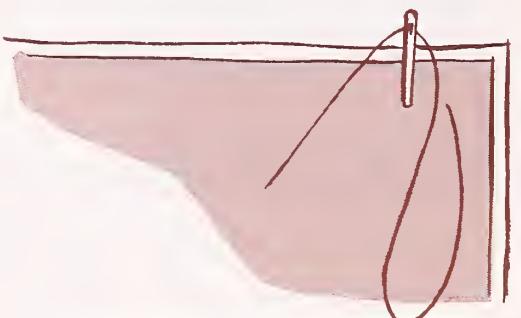


HOW TO MAKE A STAB STITCH

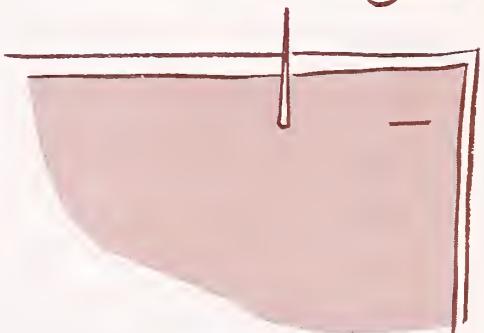
1. This is good to use on heavy material. Stab the needle through the cloth from the wrong side.



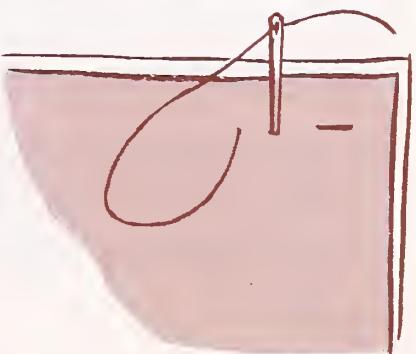
2. Stab the needle through the cloth from the right side to make a small stitch.



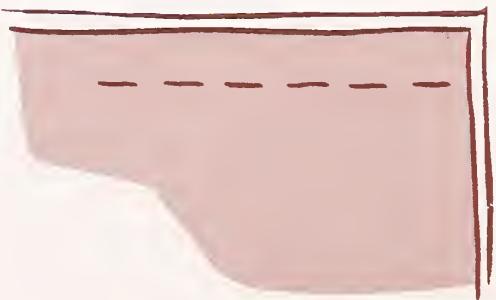
3. Stab the needle through the cloth from the wrong side. Make this stitch twice as long as the first one.



4. Stab the needle through the cloth from the right side half way back to the first stitch. Repeat Step 3.



5. Practice this stitch until you can make very small stitches.



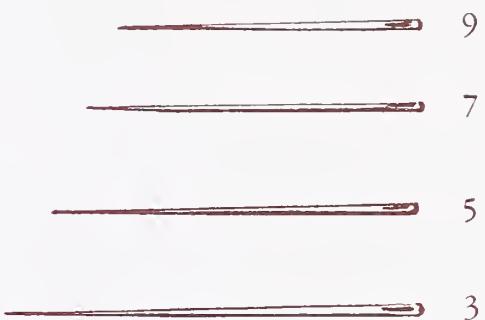
NEEDLES, THREAD, AND PINS

Buying Needles

Do you have needles in different sizes? Match them to this picture.

Sizes 7 or 8 are the best length for most sewing. If you buy needles, look at the package. Buy size 7 or 8.

Look for the needles with large or long eyes. They are easy to thread. If the package says "crewel," you are sure to get the long eyes.

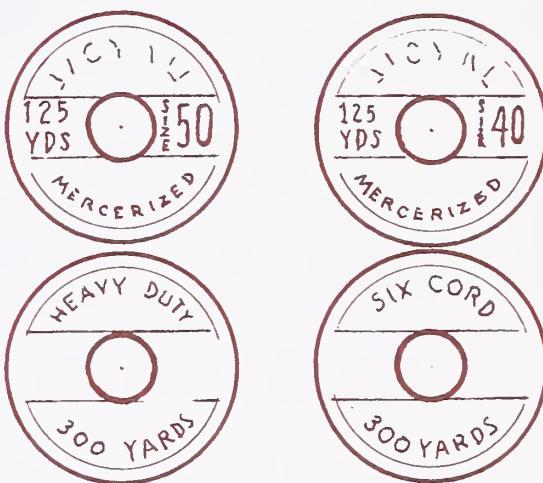


Buying Cotton Thread

Look for No. "50" on one end of the spool. Size "50" thread is strong and heavy enough for most sewing.

For sewing heavy things like work clothes, look for "heavy duty" on spools of colored thread. Look for "six cord" or size "40" on spools of black or white.

The same end of the spool also tells how many yards of thread it has.



Buying a Thimble

Try it on for size:

Put the thimble on the middle finger of the hand you use for sewing.

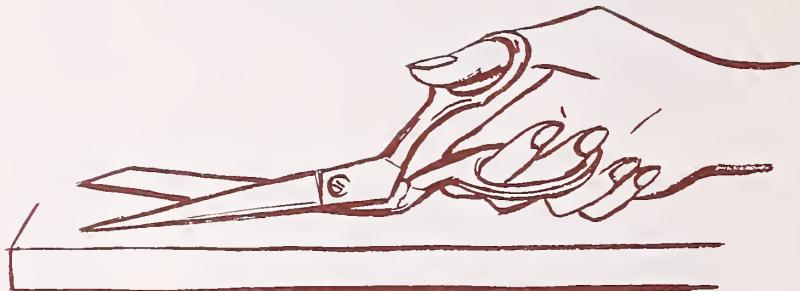
If you can feel the inside end of the thimble with your finger, it is not too small.

Shake your hand. If the thimble doesn't fall off, it is not too big.

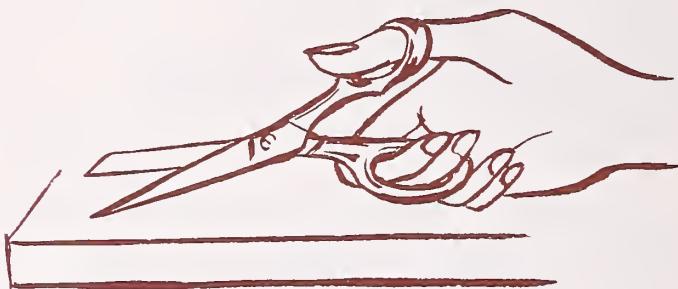


Buying Shears

Hold the shears in your hand like this. Work them along a flat table top. See how smooth they cut without bumping up and down. This is because shears have one bent handle. This makes it easier to cut around a pattern.



Now try a pair of scissors. See how the scissors bump up and down on the table top.



Take along a few scraps of cloth when you go to buy a pair of shears. Cut with the whole length of the blades. If the cloth catches any place, the blades are not right.



A $7\frac{1}{2}$ -inch shears is a good length to use. Don't cut paper with your good shears. This will make them dull.

